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OF THE AIR FORCE**

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VOLUME 1**



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Operations

***PARARESCUE AND COMBAT
RESCUE OFFICER TRAINING***

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This instruction implements Air Force Policy Directive (AFPD) 10-35, Battlefield Airman. It establishes the United States Air Force (USAF) Pararescue (PJ) and Combat Rescue Officer (CRO) training program and applies to all Regular Air Force (RegAF), Reserve, and Guard PJ and CRO personnel. It consolidates PJ and CRO training and certification programs into a single document and meets AFI 11-2, Mission Design Series (MDS)-Specific, Volume 1 aircrew training program requirements. This instruction applies to Air Force Reserve Command (AFRC) and Air National Guard (ANG). Send recommended changes, additions, deletions, and any conflict or duplication of other reports to HQ Air Combat Command (ACC)/A3JO, on Air Force (AF) Form 847, Recommendation for Change of Publication. This publication may be supplemented at any level, but all Supplements must be routed to the OPR of this publication for coordination prior to certification and approval. Ensure that all records created as a result of processes prescribed in this publication are maintained IAW Air Force Manual (AFMAN) 33-363, Management of Records, and disposed of IAW the Air Force Records Disposition Schedule (RDS) in the Air Force Records Information Management System (AFRIMS). The authorities to waive wing/unit level requirements in this publication are identified with a Tier ("T-0, T-1, T-2, T-3") number following the compliance statement. See AFI 33-360, Publications and Forms Management, for a description of the authorities associated with the Tier numbers. Submit requests for waivers through the chain of command to the appropriate Tier waiver approval authority, or alternately, to the Publication OPR for non-tiered compliance items. The use of a name of any specific manufacturer, commercial product, commodity, or service in this publication does not imply endorsement by the USAF or the Department of Defense.

SUMMARY OF CHANGES

This publication contains substantive changes to AFI 10-3502V1, Pararescue and Combat Rescue Officer Training (16 February 2011) and must be reviewed in its entirety. The substantive changes include, but are not limited to, a complete revision to table 5.1, Combat Mission Ready Currencies, inclusion of the Ready Aircrew Program (RAP) policy, Tiered waiver authority IAW AFI 33-360 and revised Medical Skills Certification Scoring/Grading Guide.

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Chapter 1

GENERAL GUIDANCE

1.1. Abbreviations, Acronyms, and Terms. See Attachment 1. Glossary of References and Supporting Information.

1.2. Responsibilities. AF/A3XX is the responsible agency for this instruction. AF/A3XX will develop and standardize training guidance and procedures in coordination with all commands to which PJs and/or CROs are assigned. PJ On-the-Job-Training (OJT) will be accomplished IAW the 1T2XX Career Field Education and Training Plan (CFETP), AFI 36-2201, *Air Force Training Program*, and this AFI. CRO training will be accomplished IAW the 13DX Individual Training and Evaluation Folder (ITEF) and this AFI.

1.2.1. AF/A3XX will:

1.2.1.1. Chair annual Guardian Angel (GA) Realistic Training Review Boards (RTRB) to review PJ and CRO training requirements. RTRB invitees will include all RegAF Major Commands (MAJCOMs) with PJ and/or CRO personnel assigned, AFRC and the National Guard Bureau (NGB). GA RTRB will be scheduled with the biennial Utilization and Training Workshops. It is a cross-command forum to standardize basic PJ and CRO core currencies and training.

1.2.1.2. Develop Career field Specialty Training Standard (STS) for 1T2XX.

1.2.1.3. Develop Career field STS for 13DX

1.2.1.4. Develop AF Mission Essential Task Lists (METL) and Tasks, Conditions, and Standards (TCS) to support Joint Pub 3-50, *Personnel Recovery*, AF Annex 3-50, *Personnel Recovery*, AFD 10-35, and the Personnel Recovery (PR) Operational Concept.

1.2.1.5. Coordinate and publish standardized requirements for Mission Qualification Training (MQT), Qualification Training Plans (QTP), or any other applicable courses of instruction derived from the 1T2XX CFETP and/or the 13DX ITEF. **NOTE:** Published documents will be posted on the GA SharePoint® (GASP) at: <https://cs3.eis.af.mil/sites/OO-OP-SO-07/default.aspx>

1.2.2. AF/A3XX delegates the following duties to ACC/A3JO.

1.2.1.1. Process all AF Form 847 change requests for this volume.

1.2.1.2. Review and maintain an informational copy of MAJCOM supplements.

1.2.1.3. Coordinate revisions to AFI 36-2201 to ensure PJ and CRO unique requirements are addressed and implemented.

1.2.1.4. Develop standardized requirements for MQT, QTPs, or any other applicable courses of instruction derived from the 1T2XX CFETP and/or the 13DX ITEF.

1.2.3. MAJCOMs with CRO and/or PJ personnel assigned will:

1.2.3.1. Supplement this publication, if necessary, with MAJCOM specific training.

- 1.2.3.2. Ensure supplements are available on AF e-publishing website after publication.
- 1.2.3.3. Review Unit Risk Management (RM) programs.
- 1.2.3.4. Review subordinate unit supplemental instructions and training programs, when published, when a change to parent instruction is made and biennially IAW 33-360.
- 1.2.3.5. Develop MAJCOM Master Job Qualification Standard (JQS) supplement, as required.
- 1.2.3.6. Develop MAJCOM METL and TCS to support AFPD 16-12, *Pararescue*, AF Personnel Recovery Operations METL, and the Personnel Recovery Operational Concept, as required.
- 1.2.3.7. Review unit METL and TCS, when published, annually.
- 1.2.3.8. Develop supplemental MAJCOM Initial Qualification Training (IQT) and MQT requirements, as necessary.
- 1.2.3.9. Forecast formal training quotas/requirements for PJ and CRO training through MAJCOM Mission Readiness Training Program (MRTP).
- 1.2.4. Wing Commanders (WG/CC) will:
 - 1.2.4.1. Ensure training objectives are met. Assist subordinate units in management of training programs. Ensure programs meet unit needs and provide necessary staff support. **(T-2)**.
 - 1.2.4.2. Ensure host and co-located units develop agreements to support PJ and CRO training.
- 1.2.5. Group Commanders will:
 - 1.2.5.1. Ensure unit/local level agencies and facilities support PJ and CRO training programs.
 - 1.2.5.2. Ensure Operations Support Squadron (OSS) and co-located units develop agreements to support PJ and CRO training.
- 1.2.6. Support Squadron Commanders will:
 - 1.2.6.1. Assign PJ and CRO personnel to the OSS training flight when the operational unit's manning level can support. CROs must be Team Commander (TC) qualified and PJs must be qualified to the 7 skill level.
- 1.2.7. Unit Commanders will:
 - 1.2.7.1. Ensure training programs are robust, mission focused, and based off of unit METLs. **(T-2)**.
 - 1.2.7.2. Ensure all training is conducted safely IAW applicable directives. **(T-1)**.
 - 1.2.7.3. Ensure METLs and TCSs are reviewed. **(T-3)**.
 - 1.2.7.4. Direct and approve quarterly and annual training plans. **(T-3)**.
 - 1.2.7.5. Designate PJ and CRO instructors/evaluators in writing. **(T-3)**.
 - 1.2.7.6. Designate a medical training coordinator in writing. **(T-3)**.

1.2.7.7. Designate a Unit Training Manager (UTM) responsible for tracking upgrade training and assigning formal school allocations. **(T-3).**

1.2.7.8. Develop in-processing procedures including local requirements, IAW this AFI. **(T-2).**

1.2.7.9. Coordinate with local Base Education and Training Manager (BETM) for receipt of Air Education Training Command (AETC) Graduate Assessment Surveys (GASs) and Field Evaluation Questionnaires (FEQs) on newly assigned PJ and CRO personnel from AETC initial skills training pipeline. Ensure Supervisors/Trainers complete GAS and FEQs IAW AFI 36-2201 and AETCI 36-2201, *Technical and Basic Military Training Evaluation*. **(T-2).**

1.2.8. Unit Director of Operations (SQ/DO) will:

1.2.8.1. Oversee the scheduling, execution, and documentation of training events to ensure METL and TCS objectives are achieved. **(T-2).**

1.2.8.2. Set upgrade training priorities based on mission requirements and this instruction.

1.2.8.3. Chair quarterly training boards.

1.2.8.4. Provide training feedback to the unit commander on a quarterly basis.

1.2.8.5. Determine training objectives in support of METLs and TCSs.

1.2.9. Superintendent of Operations (SO) will:

1.2.9.1. Coordinate quarterly training brief.

1.2.9.2. Coordinate quarterly and annual training plans.

1.2.9.3. Execute upgrade training priorities based on mission requirements and this instruction.

1.2.9.4. Ensure all training supports unit METL, TCS and upgrade requirements.

1.2.10. Unit Training Manager (DOT) will:

1.2.10.1. Coordinate with unit scheduling and assist the DO/Superintendent of Operations to execute the CC's training program.

1.2.10.2. Coordinate, track and schedule formal training quotas/requirements for PJ and CRO upgrade, continuation, and supplemental with base-level and higher headquarters MRTTP POC.

1.2.10.3. Assist instructors and supervisors to maintain AF Form 623, PJ OJT Records, IAW AFI 36-2201, and this AFI. **(T-2).**

1.2.10.4. Assist instructors and supervisors to maintain the CRO ITEF IAW this AFI.

1.2.10.5. Compile and track training documentation to show training status.

1.2.10.6. Provide training status to the SQ/DO, SO, and Stan/Eval on a quarterly basis.

1.2.10.7. Use Air Force Aviation Resource Management System (ARMS) to track training.

1.2.10.8. Maintain a copy of the MAJCOM (if published) and unit (if published) Master JQs. (T-2).

1.2.10.9. Provide feedback on formal course (PJ Apprentice, CRO course, Formal Training Unit (FTU)). Identify tasks that were not adequately trained. The supervisor will identify training deficiencies using an IN TURN memo if a GAS is unavailable. This will be accomplished within 90 days of the individual arriving on station. The memo will be routed through the unit training manager, SO, CEM, DO, CC, Group, Wing, and MAJCOM. The data will then be forwarded to HQ AETC who will forward to HQ AF/A3XX. (T-2).

1.2.11. Medical Training Coordinator will:

1.2.11.1. Be the unit focal point for coordinating Memorandums of Understanding (MOU) with Military Treatment Facilities (MTF) or appropriate civilian medical facilities as necessary to accomplish medical training. (T-2). **NOTE:** AFI 41-108, *Training Affiliation Agreement Program*, identifies MOU requirements. MOUs will identify all training requirements of the Host MTF and ensure continuity of the program. A flowchart outlining the MOU process is available on the GASP.

1.2.11.2. Establish Continuing Medical Education (CME) folders for each PJ assigned IAW PARARESCUE CME FOLDER.doc available on the GASP. Folders will be maintained by the Squadron Medical Element. (T-2).

1.2.11.3. Review each CME folder quarterly for progress toward recertification requirements.

1.2.9.4. Report medical training trend data to the SQ/CC and SQ/DO quarterly. (T-2).

1.2.11.5. Coordinate with DOT and flight leadership to ensure required medical training is programmed into quarterly and annual training plans.

1.2.11.6. Coordinate with DOT and flight leadership to ensure all recertification training requirements are completed and submitted by 31 March of the year Emergency Medical Technician-Paramedic (EMT-P) certification is programmed to expire. (T-2).

1.2.11.7. Coordinate a semi-annual report to the MAJCOM Functional Manager (MFM) identifying medical training and equipment deficiencies. (T-2). **NOTE:** An Independent Duty Medical Technician (IDMT), Air Force Specialty Code (AFSC) 4N071 SEI 496 or 4F071 SEI 496, is best qualified to perform these duties, if available.

1.2.12. Squadron Aircrew Resource Management (SARM) will:

1.2.12.1. Review ARMS products to ensure only current and qualified personnel are assigned to execute training requirements. (T-1).

1.2.12.2. ARMS personnel will input and track all PJ and CRO currencies mandated by this AFI as well as task items reflected in approved MAJCOM RAP (Ready Aircrew Program) Tasking Message (RTMs). (T-2).

1.2.13. Trainers/instructors will:

1.2.13.1. Be thoroughly familiar with courseware and contents of applicable training plans before giving instruction. They will review student training records, to include

records of counseling or progress indicators, prior to performing each training session. Additionally, ensure pre-mission coordination is completed to include respective operations/scheduling documentation.

1.2.13.2. Be responsible for conducting pre-mission training briefings and post-mission critiques. **(T-2).**

1.2.13.3. Ensure required training items are completed IAW TCS or applicable QTP. **(T-2).**

1.2.13.4. Be responsible for the safe execution of training. **(T-2).**

1.2.13.5. Document all training accomplished. **(T-2).**

1.2.14. Supervisors will:

1.2.14.1. Ensure proper documentation of all training accomplished. **(T-2).**

1.2.14.2. Identify training deficiencies and forward recommended courses of action (COAs) for resolution. **(T-2).**

1.2.14.3. Ensure compliance with OJT responsibilities IAW AFI 36-2201 and this instruction. **(T-1).**

1.2.15. Individuals will:

1.2.15.1. Read, understand, and sign all documented ground and flight training accomplished and track completed and remaining CFETP line items. **(T-3).**

1.2.15.2. Provide positive/negative feedback on training events to respective trainer/instructor and supervisor to clarify any concepts, techniques, processes requiring more training.

1.2.15.3. Participate only in events/tasks in which they are current, certified and/or qualified, or are receiving training to become current, certified and/or qualified. **(T-1).**

1.3. Processing Changes.

1.3.1. Forward recommendations for change to this instruction on AF Form 847 *Recommendation for Change of Publication*, using normal channels, to MAJCOM A3 or designated representative.

1.3.2. MAJCOMs will forward approved recommendations to HQ ACC/A3J.

1.3.3. HQ ACC/A3J or designated representative will:

1.3.3.1. Coordinate all changes to the basic instruction with all MAJCOM A3s. **(T-1).**

1.3.3.2. Process recommendation for change.

1.3.3.3. Forward recommendations for changes to this volume to HQ USAF/A3XX (usaf.pentagon.af-a3.mbx.a3xx-workflow@mail.mil) for HQ USAF/A3X approval.

1.3.3.4. Address time sensitive issues by an immediate action message. **(T-2).**

1.4. Training. Training programs are designed to progress PJs from IQT, to MQT/Team Member, to Element Leader (EL), to Team Leader (TL). Training programs for CRO personnel are designed to progress from IQT, to MQT/TC, to Mission Commander (MC). Continuation Training (CT) will be carried on after initial MQT.

1.4.1. IQT provides the training necessary to initially qualify PJ and CRO personnel in basic ground and flight duties without regard to a unit's mission. Upon completion of IQT PJ and CRO personnel will be designated Unqualified Pararescue (UJ) and immediately move into MQT. For GA, IQT does not result in a long-term qualification status. **(T-2).**

1.4.2. MQT provides the training necessary to qualify or re-qualify PJ and CRO personnel in ground and flight duties integral to specific unit assigned missions. PJ and CRO personnel will maintain UJ status while performing flight duties until they complete MQT. MQT completion is a pre-requisite for Combat Mission Ready (CMR) status. PJ and CRO personnel will not deploy or perform operational missions until MQT is complete. PJ personnel who have completed MQT will be designated Mission PJs (MJP). CRO personnel who have completed MQT will be designated Mission CROs (MJC). CRO TC upgrade is a mandatory part of CRO MQT. **(T-2).**

1.4.3. CT consists of training in the basic skills contained in Table 5.1 plus any unit- specific training required to accomplish the unit's assigned missions. CT is a program designed to focus training on capabilities needed to accomplish broad spectrum PR and maintain CMR status.

1.4.3.1. CMR status is the minimum training for PJ and CRO personnel to be current and qualified in all primary missions tasked to their assigned unit IAW this instruction and AFI 10-3502 Volume 2, *Pararescue and Combat Rescue Officer Standardization and Evaluation Program*. **(T-2).**

1.4.3.2. All PJ and CRO personnel will maintain CMR status by accomplishing all CMR training events IAW Table 5.1. Failure to complete the training/currency IAW Table 5.1 will result in Non-CMR (N-CMR) status unless waived IAW this instruction. **(T-2).**

1.4.3.3. Basic Mission Capable (BMC) is defined as PJ and CRO personnel that completed mission qualification training. These individuals are qualified in some aspect of the unit mission, but are not considered to be CMR until all CMR training events are accomplished IAW Table 5.1. **(T-2).** **NOTE:** Only PJ and CRO positions above (or outside) the Air Force wing level may be designated as Key Staff positions. Individuals assigned to key staff positions are required to complete only those training events noted IAW Table 5.1 considered mission qualified and will continue to fly as MJs. Key Staff personnel will be evaluated only on those training events for which currency is maintained IAW AFI 10-3502V2. Personnel so designated are considered BMC unless they accomplish all CMR training events IAW Table 5.1. Appropriate MFM is designation authority for Numbered Air Force (NAF) and MAJCOM Key Staff positions. ACC FTU and AETC Detachment, Squadron, Group and Wing level may be designated as Key Staff; however they must be current and qualified in all tasks and currencies in which they provide instruction. MFMs are designation authority for Detachment, Squadron, Group and Wing Key Staff positions. **(T-2).**

1.4.3.4. N-CMR and BMC PJ and CRO personnel may perform missions in support of civil authorities, DoD assets and unsupervised training missions only in events where currency and qualification has been maintained. **(T-3).**

1.4.3.5. N-CMR and BMC personnel will not deploy or be utilized on tactical-level combat missions unless waived IAW this instruction. **(T-2).** **NOTE:** In rare instances or instances of short-notification, and when a member intends to deploy in a non-operational capacity, the member may deploy N-CMR provided they meet all combatant command theater entry requirements (TER). This approval is delegated to the SQ/CC.

1.4.3.6. Specialized Training. Specialized training is training in any special skills necessary to carry out the unit's assigned mission that may not be required by every PJ and/or CRO. Specialized training consists of upgrade training such as trainer/instructor upgrade, Tandem Master, Advanced Military Freefall, etc., as well as CT to maintain proficiency and qualification in unit tasked special capabilities and missions. Specialized training is accomplished after PJ and/or CRO personnel have attained CMR status. Unless otherwise specified, PJ and CRO personnel in CMR or Key Staff positions may attain and maintain specialized certification provided applicable training/currency as long as any additional training requirements are accomplished. **(T-2).**

1.4.3.7. Common Skills Training. PJ and CRO trainers/instructors may conduct training for tasks common to both AFSCs. PJ or CRO specific training will be conducted within AFSC only. **NOTE:** Other USAF AFSCs, sister service, Department of Defense Civilian employees and contracted trainer/instructor personnel may train/instruct/certify IQT, MQT, Upgrade Training (UGT), CT and specialized training in like events but must utilize the PJ or CRO TCSs or applicable QTP or Syllabus of Instruction (SOI). Only instructor/evaluator PJs or CROs are authorized to make entries in individuals' CFETP or ITEF. **(T-2).**

1.5. Training Concepts and Policies. The overall objective is to develop and maintain a high state of mission readiness to facilitate immediate and effective employment in exercises and across the range of military operations. Though not all inclusive, training should be structured to provide mission capability based on employment concepts identified in JP 3-50; Air Force Doctrine Annex 3-50; AFD 16-12, AFD 10-35, Air Force Tactics Techniques and Procedures (AFTTP) 3-1 and 3-3 *Guardian Angel*; the unit Designed Operational Capability (DOC) statement; and approved unit METLs and TCSs.

1.5.1. Units will design training missions to achieve combat capability in squadron tasked roles, maintain proficiency, and enhance mission accomplishment and safety. Training missions should emphasize either basic combat skills, or scenarios that reflect procedures and operations based on employment plans, location, current intelligence, and opposition capabilities. Use of procedures and actions applicable to combat scenarios are desired (e.g., appropriate use of code words, authentication procedures, combat tactics, safe recovery procedures, tactical deception, intel briefing/debriefing). Tactical training will include use of live fire exercises, full mission profiles, realistic medical scenarios, and include command and control (C2) nodes and reintegration as much as possible. **(T-2).**

1.5.2. PJ and CRO personnel will be afforded a minimum of two hours of the standard duty day to maintain fitness levels required to perform operational missions. Training and real-world operations require a level of physical fitness above the normal USAF standard. The

ability to provide sustained performance coupled with rapid recovery from exertion is critical to successfully execute physically and mentally demanding operational mission profiles. (T-2).

1.6. Failure to complete training. If a PJ or CRO fails to successfully complete initial, re-qualification, or upgrade training, or a repetitive pattern of failure and/or marginal performance occurs, then the individual should be considered for removal from training and/or permanent disqualification from the PJ or CRO AFSC, IAW AFI 36-2201, AFI 11-402, *Aviation and Parachutist Service, Aeronautical Ratings and Badges*, and AFI 36-704, *Discipline and Adverse Actions*. (T-1).

1.7. Intra-command and Inter-command Transfer of PJ and CRO personnel. Validated training completed prior to transfer will be honored by the gaining command. Members qualified in one command are considered qualified in like equipment and to the same level throughout the force when used for the same mission. Current and qualified PJ and CRO personnel transferring to a new unit will upon arrival:

1.7.1. Complete in-processing requirements IAW this AFI and gaining unit requirements.

1.7.2. Complete Permanent Change of Station (PCS) currency events, as required IAW this AFI.

1.7.3. Complete MAJCOM/unit-specific MQT requirements, if applicable.

1.8. Training Records and Reports. The PJ OJT record and CRO ITEF meet and satisfy the requirement for individual training records IAW AFI 11-202 Volume 1, *Aircrew Training*, AFI 36-2201, AFI 11-401, *Aviation Management* and appropriate MAJCOM directives.

1.8.1. Tracking CRO Training. All training, certification, and documentation remains under the ITEF for IQT and upgrade training. The 13DX ITEF, if used as a JQS, is the sole source document for recording all task training.

1.8.2. Tracking PJ Training. All training, certification, and documentation remains directly under the Enlisted Specialty Training (EST) and/or OJT system. The 1T2XX PJ CFETP is the sole source document for recording all task training.

1.8.3. PJ and CRO personnel will document training accomplishment on the IMT 1522, *ARMS Additional Training Accomplishment Report*, or the *Squadron Training Accomplishment Report* (TAR) IAW MAJCOM/unit Standard Operating Procedures (SOP). This data will be input into the ARMS by squadron ARMS personnel.

1.8.4. Units will use the date of the last equivalent event accomplished to fill in ARMS "NO DATES" for continuation training requirements. (T-2).

1.9. PJ and CRO Utilization Policy.

1.9.1. PJ and CRO personnel overall objective is to perform PR duties. Supervisors may assign PJ and CRO personnel to valid, short-term tasks (escort officer, Flying Evaluation Board/mishap board member, etc.), but must continually weigh the factors involved, such as level of tasking, proficiency, currency, and experience. (T-3).

1.9.2. PJ and CRO personnel may be assigned to additional duties IAW published directives. These duties may be at SQ, GP and WG level and include but are not limited to Flight Commander/Non-Commissioned Officer-In-Charge, Weapons Officer, Tactician, Safety

Officer, mobility/contingency plans officer, training Non-Commissioned Officer (NCO), Standardization/Evaluation officer/NCO, squadron aircrew flight equipment officer/logistics officer, and other duties directly related to mission operations. **(T-3).**

1.9.3. PJ and CRO personnel will not perform long term duties that detract from their primary duties of training for, or accomplishing PR.

1.10. Training Allocation Guidance.

1.10.1. Training priorities for assigned PJ and CRO personnel are as follows:

1.10.1.1. Squadrons: CMR training, upgrades (IQT, EL, TL, TC, MC, etc.), proficiency training, and specialized training/upgrades.

1.10.1.2. FTUs: Formal MQT, PJ 5 and 7 level upgrade training, Formal Jump Master (JM) Training, CRO upgrade training.

1.10.1.3. Test and Evaluation Units: Requirements directed by MAJCOM, training required to prepare for assigned projects/tasking, CMR requirements.

1.10.2. There is no maximum sortie limit for PJs and CROs.

1.11. Use of Flying Hours.

1.11.1. Structure training missions to achieve maximum training efficiency and comply with applicable directives.

1.11.2. Operational missions may be used for currency, and proficiency.

1.12. PJ and CRO Training While “Duty Not Including Flying (DNIF).” PJ and CRO personnel in DNIF status may conduct and log ground-training events, if the member’s physical condition allows it and all Non-Training (NT) criteria are met in Table 5.1. **NOTE:** Consult the flight surgeon initiating the DD Form 2992, *Medical Recommendations for Flying or Special Operational Duty*, to ensure DNIF status does not include ground-training limitations.

1.13. Flight Training Requirements.

1.13.1. Logging of time. Refer to AFI 11-401.

1.13.2. For inter-fly guidance refer to AFI 11-401 and appropriate MAJCOM supplement.

1.13.3. Universal Qualification. Once IQT is complete, PJ and CRO personnel are considered universally qualified as non-rated aircrew members. PJ and CRO personnel are required to complete Initial Qualification training events IAW this AFI and meet all AFI 10-3502V2 evaluation requirements.

1.14. Ready Aircrew Program (RAP). RAP is part of the CT program that defines the required mix of training events to form the full mission profile events that PJs and CROs will accomplish to meet DOC tasked requirements. RAP training requirements will be implemented via the MAJCOM published RTM. **(T-2).**

1.15. RAP Policy and Management. RAP is executed IAW this instruction and the current MAJCOM RAP Tasking Memorandum. The RTM may contain updated training requirements and events not yet incorporated into this instruction.

1.16. RAP Training Reports. Submit periodic RAP training reports IAW MAJCOM RTM guidance.

1.17. Waiver Authority and Routing.

1.17.1. The authorities to waive wing/unit level requirements in this publication are identified with a Tier (“T-0, T-1, T-2, T-3”) number following the compliance statement. See AFI 33-360 for a description of the authorities associated with the Tier numbers. Unless otherwise directed or annotated, waiver authority for contents of this instruction (to include T-1 and T-2) waivers is the MAJCOM/A3 with mission execution authority or Commander Air Force Forces for contingency/expeditionary operations when units experience a change of operational control (CHOP).

1.17.2. MAJCOM/A3J or equivalent or designated representative is the waiver authority for all AFI 10-3502V1 PJ and CRO requirements with the following exceptions:

1.17.2.1. SQ/CC may be delegated waiver authority for all AFI 10-3502V1 CT requirements except as noted in para. 1.17.1 and Table 5.1. notes. **(T-3).**

1.17.2.2. AF PJ Career Field Manager (CFM) is the waiver authority for 1T2XX CFETP core tasks IAW AFI 36-2201. **(T-1).**

1.17.2.3. AF CRO CFM is the waiver authority for 13DX ITEF tasks IAW AFI 36-2201. **(T-1).**

1.17.2.4. PJ MFM is the waiver authority for 1T2XX MAJCOM JQS requirements IAW AFI 36-2201. **(T-2).**

1.17.2.5. CRO MFM is the waiver authority for 13DX MAJCOM JQS requirements IAW AFI 36-2201. **(T-2).**

1.17.3. Waiver Instructions.

1.17.3.1. Submit waivers to the requirements of this instruction via message, memo, or email through the group training office to the OG/CC and then to the NAF/A3T, MAJCOM/A3J or NGB/A3J (as applicable) for approval, unless otherwise specified. Courtesy copy HQ ACC/A3J on all waiver submissions. **(T-2).**

1.17.3.2. DOT will maintain waiver logs for one year. As a minimum, the following waiver information must be tracked and maintained: waiver type, waiver number, approval authority, approval date, expiration date, and a copy of the signed waiver. **(T-2).**

1.17.3.3. General Waiver Format: Name, grade, organization (assigned or attached), current qualification (including specialized mission qualifications), specific nature of waiver (paragraph reference) and justification, qualification to which member is qualifying or upgrading, scheduled training start date, expected upgrade or qualification date, date last event accomplished, remarks and requesting unit point of contact (include name, rank, telephone number and office symbol). **NOTE:** MAJCOMs may use their own template as long as the minimum requirements above are met. An example is located on the ACC GA SharePoint® (<https://cs3.eis.af.mil/sites/OO-OP-SO-07/default.aspx>).

Chapter 2

INITIAL QUALIFICATION TRAINING

2.1. General. This chapter outlines unit in-processing and IQT requirements for PJ and CRO personnel. IQT encompasses formal school training and all training in Table 2.1. All PJ and CRO personnel must have IQT complete before flight as a non-rated aircrew member. Upon completion of IQT, refer to AFI 10-3502V2 for Initial Qualification evaluation requirements.

2.2. Formal Training.

2.2.1. CRO IQT. The CRO course conducted at the PJ and CRO School is the formal course training portion of IQT.

2.2.2. PJ IQT. The 3-skill level Apprentice course conducted at the PJ and CRO School is the formal course training portion of IQT.

2.2.3. Graduates of IQT formal course training will be proficient in tasks as indicated by the STS and Required Proficiency Levels of FTU Plans of Instruction. **(T-2).**

2.3. Initial In-processing. SQ/CCs will develop unit in-processing procedures to include: **(T-2)**

2.3.1. Initial assignment interview.

2.3.2. MAJCOM missions, roles, and assets; service/command relationships.

2.3.3. MAJCOM RM program.

2.3.4. Military vehicle operator's license, permits, and authorizations.

2.3.5. Mobility procedures and training.

2.3.6. All pertinent local directives, publications, supplements, and operating instructions.

2.3.7. Required ancillary training.

2.3.8. Restricted area badge

2.3.9. Communications and operations security.

2.3.10. Obtain current DD Form 2992

2.3.11. Required continuation training IAW table 5.1 of this instruction.

2.4. Local Training . Gaining units will establish ITEF records for CROs and OJT records for PJs arriving after completion of IQT formal course training and determine remaining local IQT requirements IAW Table 2.1. **(T-2).**

Table 2.1. Initial Qualification Training.

Event	Code	Notes:
Life Support Familiarization Training	LL01	1
Emergency Egress Training	LL03(X)	2, 3
Aircrew Flight Equipment Training	LL06	3
Marshalling Open Book	GA07	1
Aircraft Anti-Hijacking	GA03	3
Local Area Survival	SS01	1
Physiological Training	None	
NOTES: 1. Must be accomplished upon arrival at new base, prior to first flight. (T-1). 2. Complete emergency egress training for each aircraft qualification. Emergency egress training will be instructed by a qualified instructor. (T-1). 3. May be completed at FTU		

2.5. Table 2.1 Definitions:

2.5.1. Life Support Familiarization Training. Purpose: Familiarize PJs and CROs with local Aircrew Flight equipment. Description: PJs and CROs will be briefed on the availability, issue, use, pre-flight, and post-flight procedures of unit specific equipment (e.g., consider unique missions and different aircraft), laser eye protection, and procedures peculiar to home station or local training area. Training will be performed IAW AFI 11-301 Volume 1, *Aircrew Life Support Program*, and the appropriate MAJCOM supplement.

2.5.2. Emergency Egress Training. Purpose: Ensure all PJs and CROs are able to safely egress aircraft and react to aircraft emergencies. Description: PJs and CROs will be able to identify, locate and utilize appropriate emergency equipment, identify and document equipment discrepancies, perform required egress procedures signals, and announcements IAW applicable MDS Technical Orders. Aircraft emergency equipment includes fire extinguishers, emergency escape breathing devices, smoke mask and/or quick don mask/goggles, oxygen mask, crash axes, escape ropes, ladders, slides, emergency lights, life preservers, and rafts. Emergency egress procedures include all aircraft exits including chopping areas. Training will be instructed by any qualified instructor. MDS-specific instructors are preferred if available.

2.5.3. Aircrew Flight Equipment (AFE) Training. Purpose: Ensure all PJs and CROs can locate, preflight, and use all aircrew and passenger AFE carried aboard unit aircraft or issued to aircrew members. Description: PJs and CROs will receive hands-on training with AFE including limitations and safety issues related to AFE.

2.5.4. Marshalling Open Book. Purpose: Ensure PJs and CROs understand proper marshalling procedures and signals preventing aircraft air/ground taxi incidents. Description: A written or electronic 20 question (minimum) open book examination taken after a review of AFI 11-218, *Aircraft Operation and Movement on the Ground*. This exam is normally taken at OGV (or equivalent) office.

2.5.5. Aircraft Anti-Hijacking. Purpose: Ensure PJs and CROs understand USAF policy and guidance on preventing and resisting aircraft piracy (hijacking). Description: This training is outlined in AFPD 16-8, *Arming of Aircrew, Mobility, and Overseas Personnel*; AFI 13-207, *Preventing and Resisting Aircraft Piracy (Hijacking)*; and is designed to supplement training requirements in AFI 36-2654, *Combat Arms Program*.

2.5.6. Local Area Survival. Purpose: Ensure all PJs and CROs understand local standard operating procedures for possible aircraft emergencies near the base of assignment. Description: This training will be performed IAW AFI 16-1301, *Survival, Evasion, Resistance, and Escape (SERE) Program*.

Chapter 3

MISSION QUALIFICATION TRAINING

3.1. General. This chapter outlines MQT for all PJ and CRO personnel. MQT will include as a minimum lead command A3J, or equivalent, approved MQT program and all MAJCOM and unit specific requirements. MQT must be completed before operating as a mission qualified PJ or CRO. Applicable portions of MQT may be used as re-qualification programs for PJ and CRO personnel who have failed to maintain CMR status. Refer to AFI 10-3502V2 for Mission Qualification evaluation requirements. **(T-2).** **NOTE:** With OG/CC concurrence, PJ and CRO personnel may perform missions in support of civil authorities, humanitarian assistance and other non-combat contingencies prior to MQT completion provided MQT and currency requirements for events to be performed have been met. **(T-3).**

3.2. Mission Qualification Training Requirements. MQT will be completed within 120 calendar days (SQ/CC may waive this to 150 days). Timing starts the first day of MQT training. PJ and CRO personnel should complete all unit in-processing requirements prior to the first day of MQT training. Training is complete upon SQ/CC certification to CMR status. If training exceeds 180 days, units will notify their MFM. **(T-2).**

3.2.1. Task list for PJ MQT is available on the GA SharePoint®.

3.2.2. Task list for CRO MQT is available on the GA SharePoint®.

3.2.3. MAJCOM A3Js or equivalent office are responsible for developing any MAJCOM specific MQT requirements accompanied by appropriate training programs, as applicable. MFMs will forward MAJCOM specific MQT requirements to AF/A3XX through HQ ACC/A3J for informational purposes. **(T-2).**

3.2.4. Unit CCs (WG/GP/SQ) are responsible for developing any unit specific MQT requirements accompanied by appropriate training programs, if applicable. Units will forward unit-specific MQT requirements to MFM for informational purposes. **(T-2)**

Chapter 4

UPGRADE TRAINING

4.1. PJ Skill Level Upgrade Training (UGT).

4.1.1. PJ skill-level UGT is designed to increase PR skills. AFSC UGT requirements are outlined in this instruction, AFI 36-2201 and AFI 36-2101, *Classifying Military Personnel (Officer and Enlisted)*. PJs must complete all mandatory training requirements outlined in this AFI and the 1T2XX CFETP for award of the 3-, 5-, 7-, and 9-skill levels.

4.1.2. EL Qualification. EL training will be completed IAW 1T2XX CFETP. After successful completion of EL upgrade, including any AFI 10-3502V2 evaluation requirements, PJs are awarded Special Experience Identifier (SEI) 340. **(T-2)**.

4.1.3. TL Qualification. TL training will be completed IAW 1T2XX CFETP. After successful completion of TL upgrade, including any AFI 10-3502V2 evaluation requirements, PJs are awarded SEI 341. **(T-2)**.

4.2. CRO Upgrade Training

4.2.1. CROs must complete all mandatory training requirements as outlined in this instruction, AFI 36-2101, the CRO ITEF, and MAJCOM SOI if applicable for award of the 1, 3, and 4 skill level. Currently there is no SEI for Team Commander or Mission Commander upgrade. **(T-2)**.

4.3. Certification . PJs and CROs generally do not require third party certification on tasks listed in their respective training records. There is however a small set of skills which require further certification before PJ and CRO personnel may perform them unsupervised. These skills are identified by AF CFMs in the ITEF for CROs and in the CFETP for PJs.

Chapter 5

CONTINUATION TRAINING

5.1. General. Continuation Training covers basic GA capabilities. These requirements are to maintain currency only and do not equate to proficiency. This chapter outlines CT requirements to maintain CMR status.

5.1.1. CMR Status

5.1.1.1. CMR status results from completing IQT, MQT, maintaining all CT requirements and completing all AF ancillary training requirements. CMR status in accordance with Table 5.1 qualifies PJs and CROs for worldwide combat deployment. **(T-2).**

5.1.1.2. Non-Combat Mission Ready status results from failure to meet any of the requirements listed in para. 5.1.1.1. Unless noted, CMR currencies are go/no-go for the individual currency event only. N-CMR status disqualifies PJs or CROs from combat deployments. **(T-2).**

5.1.1.3. Non-Training (NT) status results from failure to meet designated requirements. No training will be conducted until requirements are met. NT currencies are go/no-go items for all training events except those necessary to prepare for an overdue or failed recurring certification. **(T-2).**

5.1.1.4. Grounded (G) status results from failure to meet designated requirements. Individuals will not fly until training is completed. G currencies are considered go/no-go currencies for all flying events. **(T-1).**

5.1.2. CT event frequency is determined by PJ or CRO experience levels. **(T-2).**

5.1.2.1. PJ 3/5 levels are considered inexperienced for the purposes of CT. CT events will be accomplished using frequencies listed in the inexperienced column of Table 5.1. **(T-2).** **NOTE:** PJ 5 levels are considered experienced one year following award of 5 level.

5.1.2.2. CROs are considered inexperienced for the purposes of CT until they have held the TC designation for three years. CT events will be accomplished using frequencies listed in the inexperienced column of Table 5.1. **(T-2).**

5.1.2.3. PJ 7/9 levels are considered experienced for the purposes of CT. CT events will be accomplished using frequencies listed in the experienced column of Table 5.1. **(T-2).**

5.1.2.4. CROs are considered experienced for the purposes of CT once they have held the TC designation for three years. CT events will be accomplished using frequencies listed in the experienced column of Table 5.1. **(T-2).**

5.2. Combat Mission Ready Training Requirements. Table 5.1 defines currency requirements for all PJ and CRO personnel.

5.2.1. If an event's frequency is exceeded, that event may not be performed except for the purpose of regaining currency. Currency will be regained under supervision of a

trainer/certifier or instructor who is current and qualified in the same task to the same or greater level required by the CFETP or ITEF. **(T-2).**

5.2.2. Events in which a periodic currency has been established will be considered trained and qualified to the specified level in the event until 181 days following the expiration of the currency. After this period the member must be retrained IAW a SQ/CC directed retraining, recertification or requalification program. Qualification events require the completion of all evaluations for the event in question IAW AFI 10-3502V2. The SQ/CC may approve adjustments to the training program based on individual experience level and training requirements. SQ/CC approved training must be documented in the individual CFETP or ITEF. **(T-2).**

5.2.3. Deployment Currency. If a member goes non-current in a CMR item and has the ability to re-accomplish this task, all efforts will be made to regain currency. If the deployed member is unable or prohibited from regaining the currency due to operational restrictions, the member will remain current through the duration of the deployment. Upon return, all overdue currencies will be regained IAW para. 5.2.1. **(T-2).**

Table 5.1. Combat Mission Ready Currencies.

ARMS ID	Event	Status if overdue	Frequency		Remarks	Notes
			In-experienced	Experienced		
None	Flight Physical	NT	Annual	Annual	ref. AFI 48-123	6, 8
PJ02	Pararescue Medical Skills Certification	NT	17 mo	17 mo	(PJ Only)	6, 7, 9
PJ04	Physical Fitness Certification	NT	18 mo	18 mo		6, 7, 9
None	Physiological Training	G	5 yrs	5 yrs	ref. AFI 11-403	6, 8
LL03	Emergency Egress Training	G	17 mo	17 mo	ref. AFI 11-301	1, 6, 8
LL01	Life Support Fam Training	G	PCS	PCS	ref. AFI 11-301	6, 8
LL06	Aircrew Life Support Equipment Training	G	24 mo	24 mo	ref. AFI 11-301	6, 8
GA03	Aircraft Anti-Hijacking	G	365 days	365 days	ref. AFI 13-207	6, 8
GA07	Marshalling Exam	G	PCS	PCS	ref. AFI 11-218	6, 8
SS01	Local Area Survival	G	PCS	PCS	ref. AFI 16-1301	6, 8
GA06	Crew Resource Management	G	24 mo	24 mo	ref. AFI 11-290, AFI 11-202 V1	6
SX03	Basic Sortie	N-CMR	60 days	120 Days		
PJ01	EMT-P Recertification	N-CMR	2 yrs	2 yrs	(PJ Only)	4, 5, 6
PJ10	Pararescue Medical Refresher	N-CMR	24 mo	24 mo	(PJ Only)	6, 10
ME04	Fast Rope	N-CMR	365 days	N/A		
ME02	Rappel	N-CMR	365 days	N/A		
ME07	Hoist	N-CMR	365 days	N/A		
ME03	Rope Ladder	N-CMR	365 days	N/A		
ME01	Freefall Swimmer	N-CMR	365 days	N/A		
PJ23	Aerial Deployable Equipment Refresher	N-CMR	365 days	365 days		
J102	MFF Emergency Procedures Training	N-CMR	365 days	365 days	ref. AFI 11-410	6, 8
J100	MFF Parachute Deployment	N-CMR	180 days	180 days	ref. AFI 11-410	2, 6, 8
J105	RASL Deployment	N-CMR	180 days	180 days	ref. TC 18-11	2, 8
J103	S/L Parachute Deployment	N-CMR	180 days	180 days	ref. AFI 11-410	2, 8
J107	S/L Jumpmaster	N-CMR	180 days	180 days	ref. AFI 11-410	3, 8
J108	RASL Jumpmaster	N-CMR	180 days	180 days	ref. TC 18-11	3, 8
J109	MFF Jumpmaster	N-CMR	180 days	180 days	ref. AFI 11-410	3, 8

J110	Parachutist Refresher	N-CMR	365 days	365 days		
DV64	Dive Operation	N-CMR	see remarks	see remarks	IAW AFI 10-3501	6, 8
DV63	Diving Procedures Review	N-CMR	see remarks	see remarks	IAW AFI 10-3501	6, 8
DV65	Diving Supervisor	N-CMR	see remarks	see remarks	IAW AFI 10-3501	3, 8

NOTES:

1. Mandatory grounding item on expiration date for the specific MDS only; individual will not fly on the over-due MDS until the required event is accomplished. Complete ground egress for each aircraft qualification. Ground egress will be conducted by a qualified aircrew member. **(T-1).**
2. Equipment jump dual credits applicable Military Freefall (MFF), Ram Air Static Line Deployment (RASL) or Static Line (S/L) jump currency.
3. If certified.
4. PJs with over 18 years' time in service as of 1 Oct 2006 and who are currently qualified at National Registry Emergency Medical Technician-Intermediate (NREMT-I) level are authorized to maintain NREMT-I until they separate from the Air Force. Once NREMT-P is attained it must be maintained.
5. Air Reserve Components (ARC) members are authorized to maintain either NREMT-P or state equivalent qualification.
6. Key Staff BMC skill.
7. Recurring certification will be logged on printed or electronic AF Form 1098. **(T-2).**
8. Waiver authority listed in referenced publication and may not be OG/CC. **(T-1).**
9. Waiver authority is delegated to MAJCOM/A3J or equivalent office. **(T-2).**
10. For Key Staff, this currency is satisfied biennially in conjunction with event PJ01, EMT-P recertification.

5.2.4. Continuation Training Definitions for Table 5.1

5.2.4.1. Flight Physical. Complete examination IAW AFI 48-123, *Medical Examinations and Standards*, by the last day of the birth month annually. **(T-1).**

5.2.4.2. Pararescue Medical Skills Certification (MSC). Purpose: Ensure PJ's maintain medical skill knowledge and proficiency to perform emergency trauma and medical care under adverse/combat field conditions. Description: PJs will perform a MSC administered by individuals designated in writing by the unit's Superintendent of Operations and Medical Director. IAW Attachment 6, *Medical Evaluation Grading Criteria and Scoring; Pararescue Medical Operations Handbook*. Scenarios will be created based on actual missions and will be provided by PJ Medical Program Manager and placed on the medical GA SharePoint® page. Units may develop additional scenarios, preferably based on real world missions or missions anticipated in emerging theaters of operation with new mission sets. The MSC will focus on patient treatment. Tactics, technical rescue and patient movement, or PJ employment will not be incorporated into MSC scenarios. Units will utilize the Review Board process outlined in AFI 10-3502V2 for all individuals failing to meet MSC standards outlined in Attachment 2. **(T-2).**

5.2.4.3. Physical Fitness Certification (PFC). Purpose: Ensure PJ and CRO personnel achieve and maintain physical strength and endurance necessary to perform mission

tasks. Description: PJ and CRO personnel will complete a PFC administered by a certifier/evaluator IAW Attachment 3, *Physical Fitness Certification Grading Criteria and Scoring*. Units will utilize the Review Board process outlined in AFI 10-3502V2 for all individuals failing to meet PFC standards outlined in Attachment 3. **(T-3).**

5.2.4.4. Physiological Training. Complete IAW AFI 11-403, *Aerospace Physiological Training Program*. **(T-1).**

5.2.4.5. Emergency Egress Training. Complete IAW paragraph 2.5.2. **(T-2).**

5.2.4.6. Life Support Familiarization Training. Complete IAW paragraph 2.5.1. **(T-2).**

5.2.4.7. Aircrew Flight Equipment Training. Complete IAW paragraph 2.5.3. **(T-2).**

5.2.4.8. Aircraft Anti-Hijacking. Complete IAW paragraph 2.5.5. **(T-2).**

5.2.4.9. Marshalling Exam. Complete IAW paragraph 2.5.4. **(T-2).**

5.2.4.10. Local Area Survival. Complete IAW paragraph 2.5.6. **(T-2).**

5.2.4.11. Crew Resource Management (CRM) refresher. CRM refresher training will be conducted IAW AFI 11-290, *Cockpit/Crew Resource Management Program*, and applicable supplements. When possible, it should be tailored to the unit mission and built on the principles of crew coordination, communication skills, decision making and leadership. Instruct CRM IAW MMC approved curriculum. **(T-2).**

5.2.4.12. Basic Sortie. Purpose: Ensure proficiency to perform aircrew duties (i.e., equipment rigging, crew coordination, MDS Systems use, etc.) during PR missions. **(T-2).**

Figure 5.1. Basic Sortie.

Description: PJ and CRO personnel must:

Review and sign the Flight Crew Information File prior to flight.

Correctly stow the following equipment items. Procedures for use of Alternate Insertion/Extraction (AI/E) equipment is covered under items ME01, ME02 ME03, ME04, and ME07. While a review of stanchion use is required, actual rigging of stanchions is not required.

Mandatory (Vertical Lift (VL)):

AI/E equipment

Mission Equipment Tie-down (i.e., ruck, med kit, etc.)

Mandatory (Fixed Wing (FW)):

Litter Stanchions or Tie-down.

Mission Equipment Tie-down (i.e., ruck, med kit, etc.)

NOTE: Either VL or FW items must be accomplished to log this item. Both are not required.

Inspect each of the following aircraft systems for use during assigned crew duties:

Aircraft oxygen systems for aircrew and patient use

Lighting system panel/emergency lighting system

Communication systems panel

Operate the following aircraft system during assigned crew duties:

Communication system panel

5.2.4.13. National Registry Paramedic (NRP) Re-Certification. Purpose: Recertify IAW National Registry guidelines (ARC may use state guidelines) available on the NREMT website. Description: PJs will complete NRP recertification which consists of an NREMT approved refresher course or 72 hours of continuing education topic hours outlined by the NREMT and approved by the PJ Medical Director. This includes an American Heart Association (AHA) or American Red Cross Basic Life Support refresher course, an AHA Advanced Cardiac Life Support (ACLS) refresher course, and a Pediatric Advanced Life Support (PALS) course. Unless there are extenuating circumstances, the full eight hour ACLS and eight hour PALS courses should be performed. Due date in ARMS will be linked to March of the calendar year. **(T-1).**

5.2.4.14. Pararescue Medical Refresher. Purpose: Ensure PJs are able to perform medical care in combat, technical rescue, civil SAR and aero-medical situations IAW the Pararescue Medical Operations Handbook. Description: PJs will complete a five day (40 hours) training block in rescue medicine application. This training is distinct from the paramedic recertification and is aimed at operational mission skills. **(T-2).** The refresher will at a minimum include:

5.2.4.14.1. Review tactical need for medical skills IAW AFD 16-12 and applicable TTPs.

5.2.4.14.2. Refresh assembly/operation procedures of all unit assigned medical equipment for use both inside and outside an aircraft.

5.2.4.14.3. Refresh care under fire, tactical field care, extended care, and in-flight survivor care/documentation procedures used during operational missions.

5.2.4.14.4. Introduce or refresh additional local procedures, i.e., Medical Director time.

5.2.4.14.5. Review all PJ Medical and Trauma protocols and selected sections of the Pararescue Medical Operations Handbook.

5.2.4.14.6. Provide initial and refresher training of advanced medical skills that require unit Medical Director authorization to perform per the Medical Operations Handbook. The advanced medical skills requiring unit Medical Director authorization include: fasciotomy, whole blood transfusion, red blood cell transfusion, rapid sequence intubation and amputation.

5.2.4.14.7. Complete 5 or more realistic Situational Medical Training Exercises (MedExs) (or trauma lanes) covering different injuries or illnesses, designed to assess and improve a PJ's individual ability to provide emergency medical/trauma assessment and treatment under simulated mission conditions. MedExs should last no more than 15 minutes and focus on initial or definitive interventions. A minimum of ten scenarios, based on actual missions, will be provided by the ACC PJ Medical Program Manager and placed on the medical GA SharePoint® page. At least one must include a pediatric patient. Units may develop additional scenarios. **NOTE:** Self-Aid and Buddy Care (SABC). PJs may log SABC during PJ Medical Refresher or Paramedic recertification, providing all AFI 36-2644, *Self-Aid and buddy Care Training*, hands-on training requirements are met.

5.2.4.15. Fast Rope (FR) Insertion. Purpose: Ensure PJs and CROs are able to complete a FR insertion using mission equipment. Description: PJs and CROs will complete one live FR insertion with rucksack and weapon. This event will be designed to provide hands on training with equipment prep and usage, rigging procedures, briefings, and safety procedures used during FR insertion operations. **(T-3).**

5.2.4.16. Rappel. Purpose: Ensure PJs and CROs are able to complete a rappel insertion using mission equipment. Description: PJs and CROs will complete one live rappel insertion with rucksack and weapon. This event will be designed to provide hands on training with equipment prep and usage, rigging procedures, briefings, and safety procedures used during rappel insertion operations. **(T-3).**

5.2.4.2.17. Hoist. Purpose: Ensure PJs and CROs are able to complete a hoist insertion or extraction using mission equipment. Description: PJs and CROs will complete one live hoist insertion or extraction with rucksack and weapon. This event will be designed to provide hands on training with equipment prep and usage, rigging procedures, briefings, and safety procedures used during hoist insertion or extraction operations. **(T-3).**

5.2.4.2.18. Rope Ladder (RL). Purpose: Ensure PJs and CROs are able to complete a RL extraction using mission equipment. Description: PJs and CROs will complete

one live RL extraction with rucksack and weapon. This event will be designed to provide hands on training with equipment prep and usage, rigging procedures, briefings, and safety procedures used during RL extraction operations. **(T-3).**

5.2.4.2.19. Freefall Swimmer Deployment. Purpose: Ensure PJs and CROs are able to complete a freefall swimmer deployment using mission equipment. Description: PJs and CROs will complete one live freefall swimmer deployment with stokes litter or other rescue device. This event will be designed to provide hands on training with equipment prep and usage, rigging procedures, briefings, and safety procedures used during freefall swimmer deployments operations. **(T-3).**

5.2.4.2.20. Aerial Deployable Equipment Refresher. Purpose: Ensure PJs and CROs have hands-on training in equipment rigging and deployment procedures for all unit assigned equipment. Description: Half day (approx. 4 hours) training block designed to refresh the ability to rig, as required, configure, deploy and de-rig unit assigned aerial deployment equipment. Training time will vary based on unit assigned equipment and individual experience levels. Refresher training will include procedures for one land and one water deployment method. Methods selected are at the unit's discretion. Examples include: T-Duck, Rigging Alternate Method Boat (RAMB), Quad, Soft Duck, Hard Duck, Equipment Bundles, Rapid Extrication Deployment System, belay bundles, Advanced Rescue Craft, Motorcycle bundles. **(T-3). NOTE:** Only refresh deployment methods not utilized on an Aerial Deployable Equipment Drop. Ex. 1: If a RAMB drop (water) is performed in one 365 day period and all refresher requirements are met, an individual need only be refreshed on a single land method. Ex. 2: If a RAMB drop (water) and a Tactical vehicle drop (land) are performed in one 365 day period and all refresher requirements are met, log Aerial Deployable Equipment Refresher event as well.

5.2.4.21. MFF Emergency Procedures (EP) Training. Purpose: Ensure PJs and CROs are able to utilize prescribed EPs. Description: PJs and CROs will complete freefall emergency procedures training AFI 11-410 and AFMAN 11-411(I)/Field Manual (FM) 3-18.11 *Special Forces Military Freefall Operations*. In an effort to provide MFF simulation, units should attempt to rehearse MFF EPs in a Vertical Wind Tunnel (VWT). **(T-1).**

5.2.4.22. MFF Parachute Deployment. Purpose: Ensure PJs and CROs are able to deploy from an aircraft utilizing prescribed MFF procedures. Description: PJs and CROs will perform a MFF parachute deployment IAW AFI 11-410 and AFMAN 11-411(I)/FM 3-18.11. **(T-1).**

5.2.4.23. RASL. Purpose: Ensure PJs and CROs are able to deploy from an aircraft utilizing RASL procedures. Description: PJs and CROs will perform a RASL parachute deployment IAW AFI 11-410 and Training Circular (TC) 18-11 *Special Forces Military Freefall and Double-Bag Static Line Operations*. **(T-1).**

5.2.4.24. S/L Parachute Deployment. Purpose: Ensure PJs and CROs are able to deploy from an aircraft utilizing S/L procedures. Description: PJs and CROs will perform an S/L (round) parachute deployment IAW AFI 11-410 and AFMAN 11-420(I)/FM 3-21.220 *Static Line Parachuting Techniques and Training*. **(T-1).**

5.2.4.25. S/L Jumpmaster. Purpose: Ensure certified PJs and CROs are able to perform S/L JM duties utilizing prescribed procedures. Description: Certified PJs and CROs will perform JM duties for a live S/L (round) deployment IAW AFI 11-410 and AFMAN 11-420(I)/FM 3-21.220. **(T-1).**

5.2.4.26. Ram Air Static Line Jumpmaster. Purpose: Ensure certified PJs and CROs are able to perform RASL JM duties utilizing prescribed procedures. Description: Certified PJs and CROs will perform JM duties for a live RASL deployment IAW AFI 11-410 and TC 18-11. **(T-1).**

5.2.4.27. MFF Jumpmaster. Purpose: Ensure certified PJs and CROs are able to perform MFF JM duties utilizing prescribed procedures. Description: Certified PJs and CROs will perform JM duties for a live MFF deployment IAW AFI 11-410 and AFMAN 11-411(I)/FM 3-18.11. **(T-1).**

5.2.4.28. Parachutist Refresher. Purpose: Ensure PJs and CROs conduct an annual review on parachute operations, jumpmaster procedures (for those qualified), malfunction/incident/mishap reports and lessons learned or safety trends. Description: Single day training block designed to review the following: Precision air drop mission, Jump Master Personnel Inspection (JMPI) procedures for all unit equipment not required for standard currency (i.e., Oxygen (O2), specialized equipment loads, etc.), Jumpmaster Directed (JMD) procedures and Rescue Jumpmaster deployment patterns, Electronic Automatic Activation Device (EAAD) calculations and procedures, aircraft configuration and procedures for all types of deployments (i.e., High Altitude High Opening, JMD, etc.) not required for standard currency and review of parachute incident reports and lessons learned. Training time will vary based on unit assigned equipment and individual experience levels. **(T-3).**

5.2.4.29. Dive Operations. Purpose: Ensure PJs and CROs are able to perform dive operations. Description: Perform a dive IAW AFI 10-3501, *Air Force Diving Program*. This event is designed to provide hands on training with tools, equipment, and procedures used during sub-surface infiltration, search or other unit assigned dive operations. **(T-2).**

5.2.4.30. Dive Procedures Review. Purpose: Ensure PJs and CROs are able to perform dive operations. Description: Review GA specific diving mission, and general dive and search procedures IAW AFI 10-3501. **(T-2).**

5.2.4.31. Diving Supervisor. Purpose: Ensure PJ and CRO diving supervisors are able to supervise dive operations. Description: Perform diving supervisor duties IAW AFI 10-3501. **(T-2).**

Chapter 6

SPECIALIZED TRAINING AND TRAINER/INSTRUCTOR

6.1. Specialized Training Programs. Specialized Training, i.e., AMF, Tandem Master, etc., will be conducted IAW USAF, MAJCOM-specific or unit-specific QTPs. USAF approved QTPs are available on the GA SharePoint® (<https://cs3.eis.af.mil/sites/OO-OP-SO-07/default.aspx>). MAJCOM specialized training QTPs will be forwarded to ACC/A3J. Unit specialized training will be forwarded to unit's MAJCOM and ACC/A3J. (T-2).

6.2. Trainer/Instructor Program. A sound and practical trainer/instructor program is a prerequisite for effective training, standardization, and accident prevention. Individuals designated for trainer/instructor duty are authorized to instruct and certify at all levels of qualification. Trainer/instructor is a one stop shop for all training and certification contained in this volume.

6.2.1. Squadron trainers/instructors must be appointed in writing by the SQ/CC. They are qualified to conduct task training/certification for any task which they are trained and current to perform. Trainers/Instructors will conduct task training /certification only to the level they hold in a given task or lower. As a minimum, PJ and CRO personnel must meet all requirements for trainers/certifiers listed in AFI 36-2201, complete a MAJCOM approved trainer/instructor upgrade, and be interviewed and appointed by the squadron commander. They must also meet all evaluation requirements listed in AFI 10-3502V2. (T-2).

6.2.2. Trainer/Instructor Qualifications. Select trainers/instructors based on their background, experience, maturity, and ability to instruct. Unit commanders will personally interview each trainer/instructor to ensure the individual understands the principles outlined in the trainer/instructor upgrade courseware, possesses sound judgment, and are thoroughly familiar with all respective weapon systems, TTPs, equipment, and emergency operating procedures. Additionally, all trainers/instructors must be thoroughly familiar with the applicable portions of USAF, MAJCOM publications and unit standard operating procedures. (T-2).

MARK C. NOWLAND, Lt Gen, USAF
Deputy Chief of Staff, Operations

Attachment 1**GLOSSARY OF REFERENCES AND SUPPORTING INFORMATION*****References***

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AF Form 1522, *ARMS Additional Training Accomplishment Report*

AF Form 1098, *Special Task Certification and Recurring Training*

Abbreviations and Acronyms

AFDD— Air Force Doctrine Document

AFE—Aircrew Flight Equipment

AFI— Air Force Instruction

AFRC—Air Force Reserve Component

AFSC— Air Force specialty code
AI/E—Alternate Insertion/Extraction
ALS—Aircrew Life Support
ARMS—Aviation Resource Management System
BETM—Base Education and Training Manager
BMC— Basic Mission Capable
CATM—Combat Arms Training and Maintenance
CFETP— Career Field Education and Training Plan
CFM—Career Field Manager
CME—Continuing Medical Education
CMR—Combat Mission Ready
COA—Course of Action
CRO— Combat Rescue Officer
CS/SC—Confined Space/Structural Collapse
CT—Continuation Training
DNIF—Duty Not to Include Flying
DOC— Designed Operational Capability
EAAD—Electronic Automatic Activation Device
EL—Element Leader
EP—Emergency Procedure
EST—Enlisted Specialty Training
FR—Fast Rope
FTU—Formal Training Unit
FW – Fixed-Wing
G— Grounding
GA—Guardian Angel
GAS—Graduate Assessment Survey
GASP— Guardian Angel SharePoint®
IAW— In accordance with
IDMT— Independent Duty Medical Technician
IQT—Initial Qualification Training
ITEF—Individual Training and Evaluation Folder

JM—Jump Master

JMPI—Jump Master Personnel Inspection

JP—Joint Publication

JQS—Job Qualification Standard

MAJCOM— Major command

MC—Mission Commander

MDS—Mission Design Series

MEDEX— Situational Medical Training Exercise

METL— Mission Essential Tasks List

MFF—Military Free Fall

MFM—MAJCOM Functional Manager

MJC—Mission Qualified CRO

MJP—Mission Qualified PJ

MMC—Major Military Command

MOU— Memorandum of Understanding

MQT—Mission Qualification Training

M RTP—Mission Ready Training Program

MSC—Medical Skills Certification

MTF—Military Treatment Facility

N-CMR – Non-Combat Mission Ready

NGB— National Guard Bureau

NREMT— National Registry of Emergency Medical Technicians

NREMT I— National Registry of Emergency Medical Technicians - Intermediate

NREMT—P - National Registry of Emergency Medical Technician – Paramedic

NT—No Training

OCR— Office of collateral responsibility

OJT— On-the-job-training

OPR— Office of primary responsibility

OSS—Operations Support Squadron

PFC—Physical Fitness Certification

PHTLS – Pre-Hospital Trauma Life Support

PJ—Pararescue Jumper

PR—Personnel Recovery
PRO—Personnel Recovery Operation
PT— Physical training
QTP—Qualification Training Plan
QUAL—Qualification Evaluation
RAMB— Rigging Alternate Method Boat
RASL—Ram Air Static Line
RDS—Records Disposition Schedule
RL—Rope Ladder
RM—Risk Management
RTM—RAP (Ready Aircrew Program) Tasking Message
RTRB—Realistic Training Review Board
S/L—Static Line
SABC—Self Aid Buddy Care
SARM—Squadron Aircrew Resource Management
SCUBA—Self Contained Underwater Breathing Apparatus
SEI—Special Experience Identifier
SERE—Survival, Evasion, Resistance, Escape
SOI—Syllabus of Instruction
SOP—Standard Operating Procedure
SPG—Strategic Planning Guidance
STS—Specialty Training Standard
TAR— Training Accomplishment Reports
TC—Team Commander
TCS— Tasks, conditions, and standards
TL—Team Leader
TTP—Tactics, Techniques and Procedures
UGT—Upgrade Training
UTM—Unit training Manager
VL – Vertical-Lift

Terms

Aircrew— The total complement of rated (pilots, navigators, air battle managers, and flight surgeons), career enlisted aviators (1AXXX Air Force Specialty Codes), and nonrated aircrew (K-, Q-, or X-prefixed Air Force Specialty Code) personnel responsible for the safe ground and flight operation of the aircraft and onboard systems, or for airborne duties essential to accomplishment of the aircraft's mission (Includes members in initial formal training for immediate assignment to an authorized operational flying position). Individuals must be on aeronautical orders and assigned to an authorized position according to AFI 65-503, *US Air Force Cost and Planning Factors*, or nonrated aircrew not in an aircraft's basic crew complement, but required for the mission. Aircrew members perform their principal duties in-flight and their presence is required for the aircraft to accomplish its primary tasked mission.

Certification— A formal indication of an individual's ability to perform to required standards.

Combat Mission Ready— The minimum training required for PJ and CRO personnel to be current and qualified in all primary missions tasked to their assigned combat unit and weapons system.

Grounding— Member will not fly until required training is accomplished.

Element Leader— 5-skill level qualified PJ that has completed mission upgrade training IAW PJ Element Leader requirements.

Evaluator (PJ or CRO)— Evaluators are those individuals certified to conduct evaluations IAW 10-3502V2.

Instructor (PJ or CRO)— Instructors are those individuals qualified to conduct training and certification for any task that they are current, trained, certified and/or qualified to perform.

Mission Essential Task List (METL)— A complete list of mission essential tasks for an organization.

Non-Combat Mission Ready— Failure to attain or maintain the minimum training required for PJ and CRO personnel to be current in all primary missions tasked to their weapons system and assigned combat unit.

OJT— Individual training in designated job skills provided to individual members when serving in job positions in operational units. (AFDD 1-2)

Qualification Expiration— The date qualification expires, normally, the last day of month, 18 months from the last successful evaluation.

Standard— An exact value, physical entity or abstract concept that authority, custom, or common consent sets up and defines to serve as a reference, model, or rule in measuring qualities or quantities, developing practices or procedures, or evaluation results.

Team Leader— 7-skill level qualified PJ that has completed mission upgrade training IAW PJ Team Leader CFETP/QTP.

Team Commander— Subset of Guardian Angel weapon system tactical organization. CRO 3-skill level qualified to command weapon system tactical operations.

Tasks, Conditions, and Standards— Defines a specific task to be performed, the conditions under which the task will be performed, and the standard to which the task will be performed.

Trainee— An individual who is undergoing training.

Attachment 2

MEDICAL SKILLS CERTIFICATION SCORING/GRADING GUIDE

Table A2.1. Medical Skills Certification Scoring/Grading Guide.

<p>The Pararescue Medical Skills certification's purpose is to certify an operator's medical competency. The certification is divided into two sections: a physical assessment and a cognitive discussion of protocols and medications. An operator must pass both sections with an 80% or above for successful certification. Points are awarded based on competency during each event- awarded based on the knowledge presented by the operator at the evaluator's discretion. For sections that are N/A to the scenario, the evaluator will ensure a verbalization of the sections is completed by the operator before or after the scenario, ensuring competency for all sections. (T-2).</p>											
Operator Name:						Date:		Section 1 Score:		/50 PASS: YES / NO	
Evaluator Name:								Section 2 Score:		/30 PASS: YES / NO	
Section 1. Assessment											
Task		Description					Notes			Points Available	Points Awarded
Care Under Fire											
		Return Fire, Move to Cover, Directs TQ application					If not applicable to scenario, verbalize appropriate actions			3	
Tactical Field Care											
LOC's		Introduces himself "Hi my name is ----- I'm a PJ"								1	
Massive Hemorrhage		Ext./junctional TQ, direct pressure, pressure dressing, combat gauze								1	
Airway		Use NPA/Rolls patient to recovery position in unconscious								1	
Respiration		Look, use stethoscope, feel chest, pulse ox & provide treatment								1	
Circulation		Diagnose (pulse/mental status) & treat (fluids/meds) shock								1	
Head		Diagnose increased ICP (AVPU, pupils, posturing, respirations)								1	
Hypothermia		Hypothermia prevention								1	
Vital Signs		Pulse	RR	SpO2	BP	Pain 1-10 & Temp				5	
AMPLE		Asks AMPLE questions								5	
Secondary Assessment		Head to Toe assessment								5	
Pain		Three step approach: NSAID, Fentanyl OTFC, Ketamine								1	
Antibiotics		State indication: All open wounds								1	
Wounds		Steps: Remove gross debris, irrigate, debride, dress								1	

Splinting	Indications: Fracture, soft tissue trauma, joint instability		1	
CASEVAC				
Packaging	Packaging - Pad boney prominences, fill the voids		2	
Triage	Identifies and correctly categorizes pt's		2	
Patient Treatment Card	Fills out complete and legible		2	
Patient Transfer				
Age	State AT MIST during patient transfer		1	
Time			1	
Mechanism of Injury			1	
Injuries			1	
Signs & Symptoms			1	
Treatment Performed			1	
Extended Care				
Hydration	PO/ IV/ IO/ NG tube	If not applicable to scenario, verbalize appropriate actions	1	
Hypothermia	Insulates from ground, keep warm and dry	If not applicable to scenario, verbalize appropriate actions	1	
Hygiene	Pressure sores/roll & pad pt, keep pt clean & dry	If not applicable to scenario, verbalize appropriate actions	1	
Infection	Check temps, change dressings q 12-24h, antibiotics	If not applicable to scenario, verbalize appropriate actions	1	
Tubes & Lines	Tubes & lines are "neat and tidy" & function & drain properly	If not applicable to scenario, verbalize appropriate actions	1	
Medications	6 rights-pt., med, dose, time, route, documentation	If not applicable to scenario, verbalize appropriate actions	1	
Monitoring	Unstable q 2-4 h, VS including AVPU/temp/O2 sat, q 6- 12h	If not applicable to scenario, verbalize appropriate actions	1	
Analgesia	Document w/ pain scale. Add Versed to Ketamine or Fentanyl PRN to potentiate, sedate or manage anxiety.	If not applicable to scenario, verbalize appropriate actions	1	
Nutrition	Discusses Oral/NG Routes	If not applicable to scenario, verbalize appropriate actions	1	
	80% of applicable points to Pass Section 1	Total	50	

Section 2. Knowledge Validation of Protocols / Medications

Task	Condition	Standard Comprehension: 2pts=full, 1pt=partial, 0pt=marginal	Points Available	Points Awarded
Combat Shock	Demonstrate knowledge of the diagnosis and treatment of the combat shock protocol based on the Task Standard and the PJ Med Handbook	Define shock- reduced or absent perfusion of tissues, not delivering oxygen Dx: 1. MOI and blood loss 2. Declining LOC in the absence of head trauma, or weak/ absent pulses Rx: 1. 2 lines (IV/IO), 2. TXA, 3. Whole blood or blood products (RBCs and plasma), If no blood use hextend, LR last choice 4. Ertapenem 5. Ketamine PRN pain	2	

Severe TBI (sTBI)	Demonstrate knowledge of the diagnosis and treatment of the protocol based on the Task Standard and the PJ Med Handbook	Dx: 1. Declining level of consciousness 2. Fixed and dilated pupil(s) 3. Posturing or weakness on one side of body 4. Irregular, snoring respirations Rx: 1. Prevent hypoxemia (secure the airway) 2. Prevent hypotension (establish IV/IO access) 3. 250 or 500cc 3% saline 4. Elevate the head 30 degrees if no shock	2	
Basilar Skull Fracture	Demonstrate knowledge of the diagnosis and treatment of the protocol based on the Task Standard and the PJ Med Handbook	Dx: 1. Raccoon eyes & Battle signs 2. CSF rhinorrhea or otorrhea (clear fluid from the nose or ears) Rx: 1. None 2. GCS, neuro exam, MACE and transport to neurosurgeon	2	
Penetrating Eye Trauma	Demonstrate knowledge of the diagnosis and treatment of the protocol based on the Task Standard and the PJ Med Handbook	Penetrating Eye Trauma: 1. Perform and document field vision test 2. Rigid eye shield 3. Antibiotics	2	
Thoracic Trauma	Demonstrate knowledge of the diagnosis and treatment of the Task Standard and the PJ Med Handbook	Dx: 1. Chest trauma 2. Respiratory distress Rx: 1. Needle Decompression at 4th interspace anterior axillary line 2. Finger or tube thoracostomy 3. Antibiotics 4. Combat shock protocol for shock	2	
Acute abdomen	Demonstrate knowledge of the diagnosis and treatment of the protocol based on the Task Standard and the PJ Med Handbook	Dx: Can be from trauma or medical problem 1. Rigidity 2. Rebound tenderness or severe focal tenderness 3. Distension Rx: 1. NPO, IV access. NS (normal saline) if medical, or combat shock protocol if trauma and hemorrhagic shock 2. Ertapenem 3. NG tube & consider Foley if unable to void 4. Pain & nausea meds if req'd	2	

rns	Demonstrate knowledge of the diagnosis and treatment of the protocol based on the Task Standard and the PJ Med Handbook	<p>Burns - 9, 10, 11, 20, 30 rule:</p> <ol style="list-style-type: none"> 1. TBSA (total body surface area) - there are 11 “9”s. 2 front torso, 2 back torso, 1 each upper extremity, 2 each lower extremity, 1 head 2. Use Rule of 10 to start fluid resuscitation (10cc/hr x % TBSA, add 100cc/hr for each 10kg above 80 kg) 3. Start fluid resuscitation if >20% TBSA burned 4. Adjust IV fluids to maintain urine output > 30 cc/hr 5. Use ketamine for pain 6. Use dry sterile dressings to cover burns. > 12 hours debride dead skin 7. Escharotomy as needed 	2	
Crush injury and crush syndrome	Demonstrate knowledge of the diagnosis and treatment of the Task Standard and the PJ Med Handbook	<p>State crush injury is injury to a body part (crushed, mangled, partial amputation, etc.). Crush syndrome is systemic (whole body) effect from release of potassium, acid and muscle protein (myoglobin) affecting heart and kidneys.</p> <p>Rx:</p> <p>1-2 L NS (NS only) to, get urine output to > 200cc/hr</p> <p>Meds- calcium gluconate, sodium bicarb, albuterol, glucose.</p>	2	
Endotracheal Intubation Indications	Demonstrate knowledge of the diagnosis and treatment of the Task Standard and the PJ Med Handbook	<ol style="list-style-type: none"> 1. Unresponsive head trauma patient (GCS<8) 2. Unable to maintain airway 3. Persistent desaturation despite supplemental O2 and airway maneuvers 4. Respiratory rate <8 and >24 (or 10 & 30). 	2	
5 Shock Types	Demonstrate knowledge of the diagnosis and treatment of the five types of shock based on the Task Standard and the PJ Med Handbook shock table	<ol style="list-style-type: none"> 1. Cardiogenic Dx: Chest pain, diaphoresis, abnl EKG Rx: FONA, 500cc NS 2. Hemorrhagic Dx: Bleeding, trauma Rx: Stop bleed, blood products, TXA 3. Anaphylactic Dx: Wheezing, stridor, rash Rx: Epi, Benadryl, Zantac 4. Neurogenic Dx: Paralysis, weakness, spine pain/deformity Rx: Epi, NS 1-2L 5. Septic Dx: Fever, infection source Rx: Ertapenem, fluids, Epi, Decadron 	2	
C-Spine Clearance Procedure	Demonstrate knowledge of the C-spine clearance protocol based on the Task Standard and the PJ Med Handbook	<p>State need to clear the C-spine for falls from heights, blunt trauma, MVA, blast. Steps to clear the C-spine:</p> <ol style="list-style-type: none"> 1. No altered mental status, intoxication, pain meds, distracting injury 2. No neck pain 3. No midline spinal tenderness 4. Normal neuro exam 5. Yes/No - Patient can slowly rotate and nod head without pain 	2	
Acute Mountain Sickness	Demonstrate knowledge of the diagnosis and treatment of the protocol based on the Task Standard and the PJ Med Handbook	<p>Dx:</p> <ol style="list-style-type: none"> 1. Headache, listless, loss of appetite, nausea, vomiting, etc. <p>Rx:</p> <ol style="list-style-type: none"> 1. Halt Ascent 2. Hydration 3. Diamox 250 mg BID 4. Decadron 4 mg PO q 6 hr 	2	
High Altitude Pulmonary Edema	Demonstrate knowledge of the diagnosis and treatment of the protocol based on the Task Standard and the PJ Med Handbook	<p>Dx:</p> <ol style="list-style-type: none"> 1. Shortness of breath at rest 2. Rales 3. Pink, frothy sputum 	2	

		Rx: 1. Descent 2. O2 3. Nifedipine & Albuterol		
High Altitude Cerebral Edema	Demonstrate knowledge of the diagnosis and treatment of the protocol based on the Task Standard and the PJ Med Handbook	Dx: 1. Ataxia 2. Confusion Rx: 1. Assisted Descent 2. O2 3. Decadron	2	
Dive Medical Emergencies	Demonstrate knowledge of the diagnosis and treatment of the protocol based on the Task Standard and the PJ Med Handbook	Dx: 1. Musculoskeletal or joint pain 2. Skin-marble rash, hives, edema, itching, blotching, pain, discomfort 3. Neuro symptoms & abnormal neurologic exam 4. Pulmonary-dyspnea, dry cough 5. Cardiac- substernal chest pain, hypotension Dx: 1. ABC's & 100% O2 2. Evacuate to a Dive Chamber	2	
	24/30 i.e., 80% to Pass Section 2	Total	30	

Attachment 3

PHYSICAL FITNESS CERTIFICATION SCORING/GRADING GUIDE

A3.1. The order for conducting the evaluation is: 3-mile run, pull-ups, sit-ups, pushups, and 1500-meter swim. After the 3-mile run, a rest of no more than 15 minutes is given prior to starting the calisthenics. Calisthenics events will be tested one after the other with approximately 2-minutes rest between events. Upon completion of all calisthenics events, a rest of no more than 15 minutes is given prior to starting the 1500M swim. Failure to meet the physical fitness standard for any event constitutes failure of the entire test. Score IAW para. A3.6. The test is intended to mirror the AF PFT requirements so that measurements can be recorded at appropriate intervals for dual credit, i.e., annotate time at 1.5 mile; number of sit up and push up reps at one minute. **(T-3).**

A3.2. Three-Mile Run . This exercise is performed in running shoes. This exercise is designed to measure aerobic endurance during specific mission tasks. Endurance is required to perform overland movement, climbing, load-bearing, and hand-to-hand combat tasks.

A3.2.1. Q. Greater than or equal to 120, 110, 100 points based on age.

A3.2.2. U. Less than 120,110,100 points based on age.

A3.3. Pull ups (time limit: one minute). This exercise is executed on a pull-up bar. The individual grasps the bar with the palms away from the face, shoulder width apart. This is a two-count exercise. The exercise begins in the “dead hang” position. Count one; pull the body directly upward until the chin is over the bar. Count two, lower the body until the body is again in the “dead hang” position. Individuals will not swing excessively or bicycle feet as the chin is pulled over the bar. Repeat as many times as possible. This exercise is designed to measure strength and endurance in the back/shoulder and triceps/biceps muscles used during specific mission tasks. Strength and endurance in these muscle groups are required to perform parachute control and climbing tasks.

A3.3.1. Q. Greater than or equal to 40 points.

A3.3.2. U. Less than 40 points.

A3.4. Sit-ups (time limit: two minutes). Start with the back flat on the ground, knees bent at approximately a 90-degree angle, arms crossed over the chest with the hands at the shoulders, resting on the upper chest. Another individual may hold the feet during the exercise or secured under an anchored “toe-hold” bar. This is a two-count exercise. Count one; sit up until elbows contact the thigh or knee. Count two, return to the starting position. If an individual raises buttocks from ground or his hands/fingers break contact with the chest/shoulders during a repetition, the repetition is not counted. The only authorized rest position is in the up position. This exercise is designed to measure strength and endurance in abdominal and hip flexor muscle groups used during specific mission tasks. Strength and endurance in these muscle groups are required to perform swimming, lifting, and load-bearing and hand-to-hand combat tasks.

A3.4.1. Q. Greater than or equal to 40 points.

A3.4.2. U. Less than 40 points.

A3.5. Pushups (time limit: two minutes). This exercise starts from the front leaning rest position. The body must be maintained straight from head to heels with knees together. This is a two-count exercise. Count one; flex the elbows, lowering the body until the elbows form a 90-degree angle. Count two; raise the body until the elbows are straight and locked. Repeat this exercise as many times as possible. Event is stopped when individual lifts an arm or a knee touches the ground. The only authorized rest position is the starting position. This exercise is designed to measure the strength and endurance of the chest and triceps muscles used during specific mission tasks. Strength and endurance in these muscle groups are required to perform swimming, lifting, climbing, load-bearing and hand-to-hand combat tasks.

A3.5.1. Q. Greater than or equal to 40 points.

A3.5.2. U. Less than 40 points.

A3.6. 1500 Meter Swim . The swim may be performed with swim trunks, facemask, or goggles, snorkel, and fins using any stroke. If swim is performed in open water, a life preserver/flotation device must be worn (exempt when within 100m of shore and/or a safety boat is in attendance). 10 minutes will be added to maximum times in Table 6.3 for open water swims. This exercise is designed to measure aerobic endurance and swimming ability during specific mission tasks. Endurance and swimming ability are required to perform maritime transits as well as underwater dive recovery tasks.

A3.6.1. Q. Greater than or equal to 120, 110, 100 points based on age.

A3.6.2. U. Less than 120,110,100 points based on age.

A3.7. Score . Exercise, run and swim times will be rounded off to the next lower point value as depicted in Attachment 7. A composite score of all events determines the overall score. A total score greater than or equal to 430 is a Q, greater than or equal to 320 but less than 430 is a Q-, and less than 320 is a U. **NOTE:** Failing to meet the minimum standards in any of the areas assessed will result in an overall Q-3 regardless of total score. **(T-3).**

Table A3.1. Scores.

3 MILE RUN		CALISTHENICS (minutes)				1500 METER SWIM	
TIME (min:sec)	POINTS	PULL UP (1:00)	SIT UP (2:00)	PUSH UP (2:00)	POINTS	TIME (min:sec)	POINTS
20:00	200	16	90	85	100	26:00	200
20:30	190	15	85	80	90	27:00	190
21:00	180	14	80	75	80	28:00	180
21:30	170	13	75	70	75	29:00	170
22:00	160	12	70	65	70	30:00	160
22:30	150	11	65	60	65	31:00	150
23:00	140	10	60	55	60	32:00	140
23:30	130	9	55	50	55	33:00	130
*24:00	120	8	50	45	50	*34:00	120
**25:00	110	7	45	40	45	** 36:00	110
***27:00	100	6	40	35	40	***40:00	100

*Indicates MAXIMUM allowable times for personnel less than 30 years of age.
 **Indicates MAXIMUM allowable times for personnel over 30 but less than 40 years of age.
 ***Indicates MAXIMUM allowable times for personnel over 40 years of age.

